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April 5, 2005

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Office of Nutritional Products Labeling and Dietary Supplements  
Division of Compliance and Enforcement  
Dietary Supplements Branch (HFS-810)  
Food and Drug Administration  
200 "C" St. S.W.  
Washington, D.C. 20204

To Whom It May Concern:

Nature's Way Products, Inc. wishes to notify the Food and Drug Administration that it has commenced marketing a dietary supplement which bears a statement under Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act.

The dietary supplement for which the statement is made is Psyllium Seed. The dietary ingredient that is the subject of the statement is Psyllium Seed. The statement reads as follows:

"Herbal Laxative. For relief of occasional constipation (irregularity). This product generally produces bowel movement in 12 to 72 hours."

This statement is accompanied by the required disclaimer which is prominently displayed in bold-faced type.

The information contained in this notice is complete and accurate and the above statement is based on data which renders these statements substantiated, truthful and non-misleading.

Sincerely,

NATURE'S WAY PRODUCTS, INC.

Gordon M. Walker  
General Counsel

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